

**Love Never Dies: A Mother's Journey from Loss to Love**, by Sandy Goodman  
*Goodman describes the loss of her son, and challenges us to open ourselves to a different set of stages that she labels numbness, unrelenting pain, searching, and reinventing.*

**A Broken Heart Still Beats: After Your Child Dies**, by Anne McCracken and Mary Semel  
*A remarkable compilation of poetry, fiction, and essays about the pain, stages of grief, and the coping and healing process that follows the death of one's child.*

**How to Survive the Loss of a Child**, by Catherine Sanders  
*This book offers grieving parents practical help and emotional support, and helps family members, friends, and caregivers relate to grieving parents and aids them, too, in understanding the process of healing through grief.*

**No Time to Say Goodbye: Surviving the Suicide of a Loved One**, By Carla Fine  
*This powerful work deals with the wrenching emotional effects of unexpected purposeful death on grieving survivors, and offers hope in its summary of predictable patterns of adjustment.*

**Touched by Suicide: Hope and Healing After Loss**, by Carla Fine  
*This step-by-step manual for living through the profound chaos that suicide leaves in its wake is not just for survivors, but for all of us who strive to understand and prevent suicide.*

**After a Suicide: A Workbook for Grieving Kids**, by The Dougy Center  
*A great workbook for children.*

**I Wasn't Ready to Say Goodbye: Surviving, Coping and Healing after the Sudden Death of a Loved One**, by Brook Noel and Pamela Blair  
*Shows grieving readers how to endure, survive and grow from the pain and turmoil surrounding human loss.*

**A Grief Like No Other: Surviving the Violent Death of Someone You Love**, by Kathleen O'Hara  
*A book for those left behind in the aftermath of violence; this book offers concrete and practical steps and stages, allowing family and friends safe passage through this incredibly harrowing journey.*

**Living with Grief After Sudden Loss: Suicide, Homicide, Accident, Heart Attack, Stroke**, edited by Kenneth Doka  
*This volume examines the subject of abrupt, unexpected death and its effects and implications for the survivors left behind.*

**When a Pet Dies**, by Fred Rogers  
*A way to help children deal with loss of a loved pet.*

# Resources Reference Booklet

*National Grief Organizations, Local Direct Services,  
and Online Grief Support Listings*



## Local Direct Services

### Compassionate Friends

877-969-0010

[www.compassionatefriends.org](http://www.compassionatefriends.org)

Multiple NJ and other state chapter locations

*Grief support after the death of a child.*

### Comfort Zone Camp

201-867-2077

[www.comfortzonecamp.org](http://www.comfortzonecamp.org)

NJ, MA, CA, VA

*Free year-round camps for children (ages 7-17) who have experienced the death of a parent, sibling, or primary caregiver.*

### Common Ground Grief Center

732-606-7477

[www.commongroundgriefcenter.org](http://www.commongroundgriefcenter.org)

Manasquan, NJ

*Provides services for children, teens, and young adults who have experienced the death of a parent, primary caregiver, sibling or friend.*

### Interregnum

973-224-6900

[www.interregnum.org](http://www.interregnum.org)

Montville, NJ

*Bereavement support and education groups for those looking to find life after loss.*

### The Wellness Community

732-578-9200

[www.thewellnesscommunity.org](http://www.thewellnesscommunity.org)

Eatontown, NJ

*Provided people affected by cancer and their loved ones psychosocial programming free of charge.*

### Hearts & Crafts Counseling

201-818-9399

[www.heartsandcraftscounseling.org](http://www.heartsandcraftscounseling.org)

Ramsey, NJ

*Provides individual grief counseling and support groups.*

### When a Friend Dies – A Book for Teens about Grieving and Healing

by Marilyn Gootman

*This book gives practical advice from teens whose friends have died.*

### Losing Someone You Love: When a Brother or Sister Dies

by E. Richter

*In this book, 15 young people who have lost a brother or sister share their grief experiences.*

*With honesty and courage, they talk openly about how the death occurred, their feelings, and their difficulties adjusting at home and at school.*

### Adults

### Bereaved Children and Teens: A Support Guide for Parents and Professionals

edited by Earl Grollman

*This guide to helping children and adolescents cope with the emotional, religious, social, and physical consequences of a loved one's death is an indispensable reference for parents, teachers and counselors.*

### Talking about Death – A Dialogue between Parent and Child

by Earl Grollman

*This book is a compassionate guide for adults and children to read together, featuring a read-along story, answers to questions children ask about death, and comprehensive list of resources and organizations that can help.*

### Never the Same – Coming to Terms with the Death of a Parent

by Donna Schuurman

*This brave and practical book is about the challenges adults face in coming to terms with the loss of a parent before the age of eighteen.*

### Motherless Daughters – The Legacy of Loss

by Hope Edelman

*This book opens up cathartic dialogues, explains the stages of grief and adjustment, and offers guidelines to help women of any age live with the loss of their mother.*

### On Grieving the Death of a Father

by Harold Ivan Smith

*Not many books have been written to help the grieving son or daughter deal with the new reality of a deceased father. Smith has combined personal stories from Federick Buechner, Norman Vincent Peale, Corrie ten Boom, James Dobson, and many other well-known people to help others through their grieving process.*

### Healing a Child's Grieving Heart – 100 Practical Ideas for Families, Friends and Caregivers

by Alan D. Wolfelt Ph.D.

*This resource offers suggestions to help the grieving cope with the loss of a loved one, teaches that the most important thing a person can do is to listen, and addresses what to expect from grieving young people.*

### Children and Grief: When a Parent Dies

by William Worden

*This book offers a portrait of the mourning process in children and sheds new light on both the wide range of normal variation in children's experience of grief and the factors that put bereaved children at risk.*

## Books

### School Age Children

#### **I Had a Friend Named Peter – Talking to Children about the Death of a Friend,**

by Janice Cohn

*In this illustrated story, Betsy learns of the sudden death of her friend Peter and her parents help her cope with the news.*

#### **When Dinosaurs Die: A Guide to Understanding Death,** by Laurie Brown

*Explains in simple language the feelings people may have regarding the death of a loved one and the ways to honor the memory of someone who has died.*

#### **Sad Isn't Bad - A Good-Grief Guidebook for Kids Dealing with Loss,**

by Michaelene Mundy

*This book is about the death of a grandparent.*

#### **The Fall of Freddie the Leaf,** by Leo Buscaglia

*This book shows the seasons of life using the story of Freddie the Leaf, who falls from the tree in autumn. It explains that leaves do not come back to life and that death is not the same as sleep.*

#### **The Tenth Good Thing about Barney,** by Judith Viorst

*This book tells the story of a cat who dies and is buried. The child and father discuss heaven, and later they plant seeds in the garden. The father explains that Barney will become part of the ground and help plants grow, which they decide is a pretty good job for a cat.*

#### **Today My Sister Died,** by Ronee Domske

*This is a story narrated by an older sister who lost a 3 and ½-year-old sister in an accident. She shows how to deal with things by discussing her relationships with her brother and parents, and by exploring the feelings that come about during funeral planning, holidays, doing things with friends, getting a family picture taken, and remembering.*

#### **Aarvy Aardvark Finds Hope,** by Donna O'Toole

*In this book, Aarvy the Aardvark is befriended by Ralphy Rabbit, who helps Aarvy work through stages of grief by telling him about how he felt when his sister died.*

#### **How it Feels When a Parent Dies,** by Jill Krentz

*In this book, 18 children from age 7-17, speak openly of their experiences and feelings. There are pictures of the children with their surviving parents and other family members during their everyday lives.*

### Teens

#### **Straight Talk about Death for Teenagers: How to Cope with Losing Someone You Love,**

by E. Grollman

*This book speaks to teens in a way that acknowledges their feelings, promotes discussion and offers hope.*

#### **Camp Haze**

908-665-9092

www.camphaze.org

New York

*One-week, all expense paid summer experience for children (ages 7-12) who lost a loved one on September 11, 2011 and for those children who have lost a parent to illness or tragedy.*

#### **The Alcove**

609-484-1133

www.thealcove.org

Northfield, NJ

*Free peer support groups for children ages 3 to 18 and adult groups for their surviving parent, grandparent, or guardian.*

#### **Center for Life Transition**

908-273-3333

www.centerforlifetransition.com

Bradley-Brough Funeral Home, Chatham, NJ

*Variety of services to children, adolescents, and adults: support groups, counseling, consultation and assessment, and free bi-weekly bereavement groups.*

#### **Children of September 11th**

212-575-1878

www.childrenofseptember11.org

*Membership is open to anyone affected by the events of September 11. Receive support through updated information, resources, articles, and advocacy.*

#### **The GOALs Center Families**

973-262-0602

www.goalscenter.liqui-site.com

Morristown, NJ

*Counseling support services for families grieving the loss of a family member.*

#### **Creative Heartwork**

973-889-0809

www.creativeheartwork.org

New Jersey

*Learn through self-discovery and artistic involvements the value of releasing feelings associated with trauma, loss, illness, or reduced capacity and engage in alternative healthy behaviors and experiences.*

**For a listing of Direct Services outside the New Jersey area:**

<http://www.nationalallianceforgrievingchildren.org/find-support>

## National Organizations

### **National Alliance for Grieving Children**

[www.nationalallianceforgrievingchildren.org](http://www.nationalallianceforgrievingchildren.org)

*The NAGC lists grief support service providers who serve children, teens and their families. They also provide information and sample activities for those who have suffered a loss.*

### **Center for Loss and Transition**

[www.centerforloss.com](http://www.centerforloss.com)

Fort Collins, Colorado

*Offers workshops and seminars on grief around the country.*

### **Families of September 11th**

[www.familiesofseptember11.org](http://www.familiesofseptember11.org)

*Online support group and helpful articles for those who lost a loved one on September 11.*

### **RAINBOWS, Inc. International**

[www.rainbows.org](http://www.rainbows.org)

*Rainbows is the largest international children's charity dedicated solely to helping youth successfully navigate the very difficult grief process. They have centers around the country, and provide support for a large variety of losses such as death, divorce, deployment, and incarceration among others.*

### **Self-Help Group Clearinghouses**

[www.selfhelpgroups.org](http://www.selfhelpgroups.org)

*Provides listings and searches of self-help support groups around the country for any situation.*

### **Project Rebirth**

[www.projectrebirth.org](http://www.projectrebirth.org)

*The mission of Project Rebirth is to chronicle the living history and honor 9/11 victims and first responders, and to advance educational initiatives committed to pre-trauma resiliency building for first responders.*

## Online Grief Support

### **[www.griefnet.org](http://www.griefnet.org)**

*Online support community for adults and children.*

### **[www.centerforloss.com](http://www.centerforloss.com)**

*Conducts workshops and seminars across the country.*

### **[www.griefrecovery.com](http://www.griefrecovery.com)**

*Start your own grief support group in your area (for adults.)*

### **[www.hellogrief.org](http://www.hellogrief.org)**

*Comfort zone camp's online community with articles and forums for parents and children.*

### **[www.bereavedparentsusa.org](http://www.bereavedparentsusa.org)**

*Helpful articles, brochures, and support groups for those who have lost their children.*

### **[www.bpnorthnj.bpchapter.org](http://www.bpnorthnj.bpchapter.org)**

*Website for the Northern New Jersey chapter of Bereaved Parents of the USA.*

### **[www.grieflossrecovery.com](http://www.grieflossrecovery.com)**

*An online community for sharing articles, poems and memoirs.*

### **[www.webhealing.com](http://www.webhealing.com)**

*An online community with articles and forums.*

### **[www.griefwatch.com](http://www.griefwatch.com)**

*Many helpful handouts on what to say and do (and what not to say or do) for those who lost someone, and those who want to help.*

### **[www.groww.org](http://www.groww.org)**

*Online support groups, messageboards and live chats.*

### **[www.opentohope.com](http://www.opentohope.com)**

*An online community where people can find and share inspirational stories of life, loss and love.*